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What is claimed is:

1. An e-mail communication method comprising the steps of:

inserting in an e-mail message a voice conference identifier comprising a voice conference call list identifying conference call nodes;

transmitting said e-mail message to a recipient at a recipient node, wherein responsive to said recipient selecting said voice conference identifier, a voice conference call between selected ones of said identified conference call nodes is established.

- 2. The e-mail communication method of claim 1, wherein said conference call is established using Voice over IP (VoIP) based voice communications links.
- 3. The e-mail communication method of claim 1, wherein said conference call is established using telephony-based voice communications links over a public switched telephone network (PSTN).
- 4. The e-mail communication method of claim 1, wherein said voice conference call list specifies telephone numbers for said identified conference call nodes.
- 5. The e-mail communication method of claim 1, wherein said voice conference call list specifies IP addresses for said identified conference call nodes.
 - 6. The e-mail communication method of claim 1, said inserting step further comprising:
 - inserting in said e-mail message a selectable symbol for initiating said voice conference call with said selected ones of said identified conference call nodes.

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7. The e-mail communication method of claim 1, said inserting step further comprising:

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inserting in said e-mail message a plurality of selectable symbols, each said symbol for initiating a voice communications link with a selected one of said identified conference call nodes.

8. The e-mail communication method of claim 1, said inserting step further comprising:

embedding computer program code in said e-mail message, wherein said computer program code is configured to establish a plurality of voice communications links between said selected ones of said identified conference call nodes thereby establishing said conference call.

9. An e-mail communication method comprising the steps of:

detecting a voice conference identifier comprising a voice conference call list identifying conference call nodes in an e-mail message received by a recipient at a recipient node;

responsive to detecting said voice conference identifier, displaying at least one selectable icon; and

responsive to a selection of said at least one selectable icon, establishing a voice conference call between selected ones of said identified conference call nodes.

10. The e-mail communication method of claim 9, wherein said displaying step displays a single icon and said establishing step establishes said voice conference call between said selected ones of said identified conference call nodes responsive to said selection of said single icon.

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11. The e-mail communication method of claim 9, wherein said displaying step displays a plurality of icons, each said icon corresponding to one of said voice conference call nodes, and wherein said establishing step establishes a voice communications link with said selected ones of said conference call nodes responsive to said selection of corresponding ones of said plurality of icons.

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12. The e-mail communication method of claim 9, said establishing step further comprising:

extracting from said e-mail message embedded computer program code configured to establish said voice conference call between said selected ones of said identified conference call nodes.

responsive to said selection of said at least one icon, executing said embedded computer program code in order to establish said voice conference call.

- 13. The e-mail communication method of claim 9, wherein said voice conference call list includes telephone numbers for said identified conference call nodes.
- 14. The e-mail communication method of claim 9, wherein said voice conference call list includes IP addresses for said identified conference call nodes.
- 15. The e-mail communication method of claim 9, wherein said voice conference call is established using Voice over IP (VoIP) based voice communications links.
- 1 16. The e-mail communication method of claim 9, wherein said voice conference call is established using telephony-based voice communications links over a public switched telephone network (PSTN).

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17. The e-mail communication method of claim 9, said establishing step further comprising:

responsive to said selection of said at least one icon, determining a telephone number or an IP address for said selected ones of said identified conference call nodes based on said voice conference call list.

18. An electronic mail message comprising:

header information, said header information identifying a sending node and a recipient node;

a message portion, said message portion displaying content from said sending node to said recipient node; and

a voice conference identifier comprising a voice conference call list specifying conference call nodes to be connected via a voice conference call, wherein said recipient node is a conference call node.

19. The electronic mail message of claim 18, further comprising:

embedded computer program code, wherein said computer program code is configured to establish a plurality of voice communications links between selected ones of said specified conference call nodes thereby establishing said conference call.

20. A machine readable storage having stored thereon a computer program having a plurality of code sections executable by a machine for causing the machine to perform the steps of:

inserting in an e-mail message a voice conference identifier comprising a voice conference call list identifying conference call nodes;

transmitting said e-mail message to a recipient at a recipient node, wherein responsive to said recipient selecting said voice conference identifier, a voice conference call between selected ones of said identified conference call nodes is established.

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- 1 21. The machine readable storage of claim 20, wherein said conference call is 2 established using a Voice over IP (VoIP) based voice communications links.
- The machine readable storage of claim 20, wherein said conference call is established using telephony-based voice communications links over a public switched telephone network (PSTN).
- 1 23. The machine readable storage of claim 20, wherein said voice conference call list specifies telephone numbers for said identified conference call nodes.
 - 24. The machine readable storage of claim 20, wherein said voice conference call list specifies IP addresses for said identified conference call nodes.
 - 25. The machine readable storage of claim 20, said inserting step further comprising:

inserting in said e-mail message a selectable symbol for initiating said voice conference call with said selected ones of said identified conference call nodes.

26. The machine readable storage of claim 20, said inserting step further comprising:

inserting in said e-mail message a plurality of selectable symbols, each said symbol for initiating a voice communications link with said selected ones of said identified conference call nodes.

27. The machine readable storage of claim 20, said inserting step further comprising:

embedding computer program code in said e-mail message, wherein said computer program code is configured to establish a plurality of voice communications

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- links between said selected ones of said identified conference call nodes thereby
 establishing said conference call.
 - 28. A machine readable storage having stored thereon a computer program having a plurality of code sections executable by a machine for causing the machine to perform the steps of:

detecting a voice conference identifier comprising a voice conference call list identifying conference call nodes in an e-mail message received by a recipient at a recipient node;

responsive to detecting said voice conference identifier, displaying at least one selectable icon; and

responsive to a selection of said at least one selectable icon, establishing a voice conference call between selected ones of said identified conference call nodes.

- 29. The machine readable storage of claim 28, wherein said displaying step displays a single icon and said establishing step establishes said voice conference call between said selected ones of said identified conference call nodes responsive to said selection of said single icon.
- 30. The machine readable storage of claim 28, wherein said displaying step displays a plurality of icons, each said icon corresponding to one of said voice conference call nodes, and wherein said establishing step establishes a voice communications link with said selected ones of said conference call nodes responsive to said selection of corresponding ones of said plurality of icons.

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31. The machine readable storage of claim 28, said establishing step further comprising:

extracting from said e-mail message embedded computer program code configured to establish said voice conference call between said selected ones of said identified conference call nodes.

responsive to said selection of said at least one icon, executing said embedded computer program code in order to establish said voice conference call.

- 32. The machine readable storage of claim 28, wherein said voice conference call list includes telephone numbers for said identified conference call nodes.
- 33. The machine readable storage of claim 28, wherein said voice conference call list includes IP addresses for said identified conference call nodes.
- 34. The machine readable storage of claim 28, wherein said voice conference call is established using Voice over IP (VoIP) based voice communications links.
- 35. The machine readable storage of claim 28, wherein said voice conference call is established using telephony-based voice communications links over a public switched telephone network (PSTN).
- 36. The machine readable storage of claim 28, said establishing step further comprising:

responsive to said recipient selecting said at least one icon, determining a telephone number or an IP address for said selected ones of said identified conference call nodes based on said voice conference call list.

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37. An electronic mail client comprising:

a conventional electronic mail processor, said conventional electronic mail processor extracting and displaying message text encapsulated in a received electronic mail; and,

a voice conference processor, said voice conference processor identifying a voice conference identifier encapsulated in said received electronic mail, displaying at least one selectable icon in response to detecting said voice conference identifier, and responsive to a selection of said at least one selectable icon, establishing a voice conference call between selected conference call nodes specified by said voice conference identifier.

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